

Voorhees TKD LLC

2563 E. Tiffin Ave.
Des Moines, IA 50317-6001
(515) 263-9299
Email: voorheestkd@mchsi.com

Invitation to: Poomsae Seminar/Workshop
When: Saturday, September 11, 2010
Where: Des Moines Central Public Library – 1000 Grand Ave – Des Moines, IA 50309
Who: Everyone is invited, Black Belts and Instructors are especially urged to attend.
Cost: Current SIBBA and/or Voorhees TKD members: \$30 per person
Non- members of SIBBA and/or Voorhees TKD: \$35 per person

Deadline: **Because space is limited, we need to have your registrations postmarked by Sept. 7. We canNOT accept any late registrations or at-the-door registrations.**

All participants MUST register IN ADVANCE.

We encourage you to take advantage of our ONLINE registration. Please go to our website to access that (www.voorheestkd.com).

Capacity: 50 participants.

What will be covered in the Seminar:

- a) Proper Stances
- b) Training for Competition
- c) How to teach and practice forms, based on the new WTF standardizations
- d) Proper techniques for each poomsae
- e) Taeguk 1-8
- f) Koryo, Keumgang, Taekbek, Pyongwon
- g) Discussion of judging criteria

Schedule:

9:00 AM: Arrive, check in, change. Come to the South door of the Central Library!
9:30 AM – 12:30 PM: Basics, Stances, Taeguk 1-8
12:30 PM – 1:15 PM: Lunch (on your own – there are several eateries nearby)
1:15 PM – 4:30 PM: Koryo, Keumgang, Taebek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansoo
4:30 PM – 4:45 PM: Pictures
4:45 PM: Dismissal

Special notes:

1. Videotaping will be permitted. Maybe bring an extension cord?
2. We are not providing food. Lunch will be on your own. There are several restaurants and fast-food places nearby.

We look forward to the opportunity to bring this outstanding team of instructors to Iowa again, and to help all of Taekwondo in the Midwest move ahead in the area of poomsae education. We hope you can take advantage of this opportunity, and join us on September 11th!

Respectfully,

Larry W. Voorhees

Master Instructor
Voorhees TKD LLC

Seminar Instructors:



Master Christi Burke-Maves

Ms. Burke is 41 years old, a 6th Dan Black Belt in Tae Kwon Do, and is Vice-President and Chief Instructor of Maves Martial Arts. She is a Kukkiwon International Hanmadang Referee and a WTF International Poomsae Referee

As a Tae Kwon Do competitor some of her accomplishments include:

Forms:

- 2006 & 2010 Individual & Pairs USA National Poomsae Team
 - 2007 Pairs Gold Medalist USA Team Trials
 - 2007 Individual Silver Medalist USA Team Trials
 - 3 time (2006, 2007, 2010) USA Team Member
- 13 time Gold Medallist and National Champion in both Ultra and Senior division.
 - Gold Medallist at the International Women's Championships.
- 6 time Gold Medallist at the U.S. Open in both Ultra and Senior divisions.
 - Silver Medallist Pan-Am Open Championships.



Master Robert Maves

Mr. Robert Maves is 65 years old, 6th Dan in Taekwondo, and is President, Chief Instructor, and Head Coach of Maves Martial Arts and Maves Self-Defense Technologies (Mav-Tec). Mr. Maves is also a two time National Sparring Champion, USA Tae Kwon Do Level 1 Coach, Partner & Strength Coach Horizon Technical Team, a regional high performance competition poomsae team, Certified CHEK Exercise Coach (C.E.C.), Kukkiwon International Hanmadang Referee and

USA National Team Coach for the 2007 & 2008 World Championship Poomsae Teams.

2010 Poomsae Seminar Registration Form

(Please **PRINT** unless a Signature is requested!)

Name: _____ Age: _____ Sex: _____

Address: _____ (Home Ph#) _____

_____ (Cell Ph#) _____

City/ST/Zip: _____ Email: _____

Belt Rank as of 9-11-10: _____ 2010 SIBBA Member: yes no

Instructor's name: _____

Club name: _____

"The owners/caretakers of any facility where we may conduct a class, seminar, workshop or function, and all officers, governing bodies and employees of the same are in no way liable for anything which may occur in the course of these classes or duration of such function. I realize that within the parameters of this sport and class that contact is implied by the very nature of the art, and that the risk of potential injury or death to myself is a risk that I assume totally. With a clear understanding of the sport and what risks may be involved, I state that I am entering into this of my own free will, and that Voorhees TKD LLC, its directors, shareholders, officers, instructors, employees or any independent contractors employed by them, their students, guests, guest instructors and any associations that they are affiliated with are in no way liable or responsible for any injuries, physical or psychological, which may occur as a result of my travel to, active or observant participation in, or travel from these classes, or any function connected with these classes, this seminar or this sport. By affixing my signature, I hereby absolve all of the above-mentioned persons, entities and groups of any and all legal and civil liability for myself, my assigns and/or my heirs. I also give my permission for any photos, videos, pictures or likenesses of myself to be captured and used by Voorhees TKD LLC, without compensation, in any manner they deem appropriate, in relation to their business as a purveyor of martial arts instruction, classes and workshops."

Signed: _____ Date: _____

Student or parent/guardian, if student is under 18 years of age **Parent/Guardian's Name:** (please print)

PLEASE NOTE: If student is under 18 years of age, a parent or legal guardian must sign this liability form. Also, if student is under 18 years of age, a parent or legal guardian must also sign the following consent statement:

"I hereby give my consent for my son/daughter to be a participant in the Seminar hosted by Voorhees TKD LLC."

Student's Name: (please print) _____

Signed: _____ Date: _____

Parent or legal guardian's signature

In case of emergency, contact: Name: _____

Add: _____

Ph: (home) _____ (work) _____

Cell#: _____

Relationship: _____

***If student is under 18, please list emergency information for nearest relative **other** than parent/guardian they live with

Registration Fee Enclosed (circle appropriate fee and session[s]):

- | | | | | |
|--|------|---------|---------|------|
| 1.) Voorhees TKD "Family" club member: | \$30 | AM only | PM only | Both |
| 2.) Not a Voorhees TKD student, but am an Active or Life member of SIBBA: | \$30 | AM only | PM only | Both |
| 3.) Not a Voorhees TKD student, nor a Current SIBBA Member: | \$35 | AM only | PM only | Both |

- Return this form along with the proper fee (**personal check, cashier's check or money order only**) to:

Voorhees TKD LLC, 2563 E. Tiffin Ave. Des Moines, IA 50317-6001

- Completed registration forms and fee must be postmarked by Tuesday, Sept. 7, 2010.
- At-the-door registrations will NOT be accepted. All must pre-register. Attendance is limited to 50!
- There will be no refunds of registration fees for any reason.